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RICE IN FAMILY MEALS

Rice, like other cereals, is a good source of food energy and can be used in all family meals -- breakfast, lunch, and dinner. White rice contains a small amount of good quality protein, and some minerals and vitamins. When white rice is used, it should be served with foods that supply the nutritive values rice lacks --

With eggs, meat, fish, poultry, milk, or cheese to supply good quality proteins, and vitamins and minerals.

With vegetables, especially green and yellow kinds, to provide vitamins and minerals.

With fruit -- fresh, frozen, or dried, raw or cooked -- for vitamins and minerals.

The following cooking instructions and recipes from the Human Nutrition Research Division of the Agricultural Research Service show the variety of ways in which rice can be cooked and used in family meals.

COOKING WHITE RICE

The cooking directions given here are for the regular white rice that has not been partially cooked before marketing.

Do not wash the rice unless necessary. Packaged rice should be clean enough to use without cleaning, but if you are not satisfied to use it as it comes from the package, "dry clean" it or wash with very hot water. To dry clean rice, pick out husks and poor grains and rub the rice in a towel.

Cook rice in as little water as possible. One cup uncooked rice makes about 3 cups cooked, enough for 6 servings. Boil rice gently -- keep the heat low. Rapid boiling may break the grains and also may make the rice boil over. Cover the pan tightly. Do not rinse after cooking.

Short Boil Method...for Firm, Tender Rice

1 cup uncooked rice	1/2 teaspoon salt
2 cups water	1/2 teaspoon bland cooking fat or oil

Stir rice into rapidly boiling salted water. Add cooking oil or shortening to reduce foaming.

Bring back to the boiling point and lower heat until the water is just bubbling. Cover tightly and cook slowly 20 minutes.

Turn off the flame or remove the pan from direct heat, and let stand 10 minutes, covered tightly, for the rice to finish cooking in its own steam.

For Softer Rice

For a softer cooked rice, increase water to 2-1/4 cups and cook slowly for 25 minutes. Remove the pan from direct heat and let stand 10 minutes, covered tightly. Serve hot.

Oven Method

1 cup uncooked rice	1/2 teaspoon salt	2 cups boiling water
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Place rice and salt in a baking dish. Pour boiling water over rice. Stir, cover, and bake at 350° F. (moderate oven) 30 minutes or until rice is tender.

To keep rice for future use, cover it and put it in a cold place.

To reheat rice, steam it in a colander or sieve over boiling water, or add a few tablespoons of water to the rice and heat it in a covered pan over boiling water or in the oven. Stir the rice once or twice with a fork while it is heating.

BAKED RICE AND CHEESE

3 cups cooked rice	1 teaspoon salt
2 cups shredded cheese	cayenne pepper, to taste
2 tablespoons finely chopped green pepper or pimiento	1/2 cup bread cubes or coarse crumbs
2 eggs, beaten	1 tablespoon melted butter or margarine
1-1/4 cups milk	

Arrange alternate layers of rice, cheese, and green pepper or pimiento in a greased baking dish.

Combine beaten eggs, milk, salt, and pepper. Pour over rice and cheese mixture.

Toss bread cubes in melted butter or margarine and sprinkle over top.

Bake at 350° F. (moderate oven) about 45 minutes or until mixture is set and top is lightly browned.

Makes 6 servings.

RICE WITH CHICKEN AND CHEESE

1-1/2 cups diced cooked chicken	1 onion, chopped fine
2 cups chicken broth	1-1/2 tablespoons chicken fat
1/2 teaspoon salt	1/2 cup uncooked rice
	Grated cheese

Lightly brown onion in the fat; add broth. When it boils rapidly, add the rice slowly. Cover the pan tightly and cook slowly 20 minutes. Turn off the flame or remove the pan from direct heat, and let stand 10 minutes, covered tightly, for rice to finish cooking in its own steam.

Then add the chicken and more salt if needed. Reheat if necessary. Turn mixture onto a hot platter, and sprinkle generously with grated cheese.

Makes 4 servings.

RICE AND BEEF CAKES IN TOMATO SAUCE

1 pound ground beef	2 teaspoons salt
2 cups cooked rice	1/8 teaspoon pepper
1 egg	2 tablespoons cooking fat or oil
1 tablespoon chopped parsley	2 cups tomato sauce or thin
2 tablespoons chopped onion	tomato soup*

Combine all ingredients except the fat or oil and tomato sauce or soup.

Shape mixture into flat cakes and brown on both sides in the fat or oil in a fry pan.

Pour the sauce or soup over the browned cakes, cover the pan, and bake at 350°F. (moderate oven) 30 minutes, basting the cakes with the sauce or soup once or twice as they cook.

Makes 6 servings.

*If a can of condensed soup is used, enough water should be added to make 2 cups.

BAKED RICE AND VEGETABLES

2 cups cooked rice	1 to 2 tablespoons chopped onion
1 cup cooked green peas or lima beans	1 teaspoon salt
1 cup cooked carrots or whole kernel corn	1/4 teaspoon pepper
	1-1/4 cups milk
	4 slices bacon

Place alternate layers of rice and vegetables in greased baking dish, sprinkling each layer with salt and pepper.

Add milk and lay slices of bacon on top.

Bake at 350° F. (moderate oven) 30 to 40 minutes or until bacon is well done.

Makes 6 servings.

RICE MUFFINS

1 cup sifted all-purpose flour	1 egg
2 tablespoons sugar	1/4 cup milk
1 tablespoon baking powder	1-1/2 tablespoons melted shortening or oil
1/4 teaspoon salt	2/3 cup cooked rice

Sift together flour, sugar, baking powder, and salt.

Beat eggs and combine with milk, melted shortening or oil, and rice.

Add milk mixture to the dry ingredients and mix only until combined.

Fill greased muffin pans two-thirds full. Bake at 375° F. (moderate oven) for 25 to 30 minutes or until brown.

Makes 6 servings.

CREAMY RICE PUDDING

1/4 cup uncooked rice	1/8 teaspoon nutmeg
1 quart hot milk	1/4 cup raisins
1/4 cup sugar	3/4 teaspoon vanilla
1/4 teaspoon salt	

Combine rice and milk. Place the mixture in a greased baking dish.

Bake covered at 250° F. (very slow oven) 1 hour, stirring 4 times.

Combine sugar, salt, and nutmeg.

Stir into rice mixture with the raisins and vanilla. Bake mixture uncovered, 1-1/2 hours longer.

Makes 6 servings.

